

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: July 2012

I. Course Prefix and Number: PE 164

Course Name: Stress Reduction through Exercise

Credit Hours and Contact Hours: 2 credit hours, 2 contact hours

Catalog Description including pre- and co-requisites: This course will explore the many ways that stress affects us both physically and emotionally. Stress management techniques taught include meditation, progressive relaxation, autogenics and others. Exercise is a regular part of each class. No pre-requisites required.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Identify and understand the signs and symptoms of stress.
2. Distinguish methods to control and/or reduce stress in their daily life.
3. Develop coping skills that will enable the student to control his/her level of stress.
4. Apply stress management techniques.

Relationship to Academic Programs and Curriculum:

This course can be used to fulfill the Physical Education requirement for all majors at FLCC. It is strongly recommended for massage and nursing majors. It is considered an introduction, and no prior knowledge of stress reduction techniques is required.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Textbook, Notebook, Journal, Handouts

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lecture, Discussions, Demonstrations, Physical participation in activities

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities and demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques and reading, along with developing ethics and values regarding an appreciation of lifetime physical wellness.

V. General Outline of Topics Covered:

A. Lecture

Stress-

- Eustress
- Distress
- Fight or Flight
- Negative Coping Techniques

Journal Writing

Communication

Social Support

Nutrition

Sleep

Time Management

Spirituality

Comic Relief

Positive Affirmations

B. Relaxation Techniques

Deep Breathing

Muscle Relaxation

Visualization

Meditation

Autogenic Training

Yoga

Tai Chi

Comic Relief

Music Therapy

Affirmations

C. Exercises

Walking

Jogging

Hiking

Pilates

Tai-Chi

Yoga

Aerobic (Cardio Machines)

Anaerobic (Circuit Weight Training)

Recreational Games

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